

**Abstract****Method and portable Training device for optimizing a training**

5       The present invention provides a portable training device for optimizing a training  
comprising a sound playback means, a microprocessor, and a means for  
detecting parameters inherent to the body of the user, said detecting means  
being connected with the microprocessor for data communication. The training  
device further comprises a converter means controlled by the microprocessor  
10       and connected to the sound playback means for converting the detected values  
of the said parameters into verbal training information for the training person and  
outputting them by the sound playback means.

15

CONFIDENTIAL